

Need Help to Quit?



This brochure is a partial listing of tobacco cessation programs in San Diego County.

The cost and times of programs may change without notice. Many programs are conducted in more than one location.

The County of San Diego, Health and Human Services Agency does not endorse or recommend any of the programs listed. Investigate your choice carefully.

Call before attending any program.

Quitting is Easier with Help

For referrals to various programs throughout the county, or for telephone counseling, call the **California Smokers' Helpline**



English: (800) NO BUTTS (662-8887)
Español: (800) 45 NO FUME (456-6386)
Mandarin & Cantonese: (800) 400-0866
Vietnamese: (800) 778-8440
Korean: (800) 556-5564
Hearing impaired: (800) 933-4833
Teens: (800) NO BUTTS
Chew/Dip: (800) 844-CHEW
No charge

You can also visit their webpage at:
www.CaliforniaSmokersHelpline.org

Countywide

American Lung Association

2750 Fourth Avenue, San Diego, CA 92103
(619) 297-3901
www.lungsandiego.org

Provides *the Freedom from Smoking* information packet at no charge, its workbook for \$7, and audiotapes for a small fee. Call for information.

Freedom from Tobacco

Kaiser Permanente
10990 San Diego Mission Road
San Diego, CA 92108
(619) 641-4194
www.kp.org

Provides six-week courses.
Open to members at no charge.

Naval Hospital, San Diego

Health Promotion
34800 Bob Wilson Drive, Bldg 26, Level 1
San Diego, CA 92134-5000
(619) 532-6573

Provide services for eligible active military, retirees and beneficiaries only.
Call for eligibility. No charge.

Nicotine Anonymous Information Line

(619) 682-7092
www.nicotine-anonymous.org

Provides 12-step self-help programs.
Open to everyone. Call for further information.

San Diego State University Health Promotion

Student Health Services
5500 Campanile Dr. San Diego, CA 92182-4701
(619) 594-4133

Provides individual counseling for San Diego State University students only. No charge.

Sharp Center for Health Promotion

(800) 827-4277
www.sharp.com

Provides Second Breath 6-week classes.
Call for fees, times and locations.

San Diego County Office of Education Tobacco Use Prevention Education (TUPE)

(619) 718-6666

Safe Schools Unit
5404 Napa St. San Diego, CA 92110

Offers classes and self-help materials throughout county for students. Call for a referral.

Smoke Stoppers of San Diego

3699 Park Boulevard San Diego, CA 92103
(619) 296-8700

Offers a one-week program for \$229 (with 5-day advanced registration) or \$269 otherwise. Stop smoking or pay nothing.
Lifetime guarantee - come back, tuition free
Teens are welcome.

Central

Nicotine Recovery Institute

(858) 277-2772
106 Thorn St., San Diego, CA 92103

Provides individual & couples counseling.
(Currently not accepting new patients)

East County

Second Breath

9000 Wakarusa St., La Mesa, CA 91942
(619) 740-4250

Provides small group classes. Call for fees, times and locations. Teens are welcome.

Southern Indian Health Council

4058 Willows Road, Alpine, CA 91901
(800) 400-1189

Provides individual (one-on-one) counseling
Fees determined upon eligibility.
Teens are welcome.

North County

Camp Pendleton Naval Hospital

Camp Pendleton, CA 92055-5191
(760) 725-1002

Provides services for eligible military and beneficiaries at no charge.

Palomar Pomerado Health

555 E. Valley Parkway, Escondido, CA 92025
(800) 628-2880
www.pph.org

Offers six-week "Kick the Habit" classes for \$125 per person (\$100 per person for couples)

Tri City Medical Center Cardiac Wellness Center

4002 Vista Way, Oceanside, CA 92056
(760) 940-3092
www.tricitymed.org/edu/classes/smoking_cessation.cfm

Offers six-week classes. \$60 per person.

Vista Community Clinic Tobacco Control Program

1000 Vale Terrace, Vista, CA 92084
(760) 407-1220 ext. 142
www.northcoastalpreventioncoalition.org/muhcessationsupportgroup.html

Offers free classes (for Spanish speaking ONLY).

South Bay

Paradise Valley Hospital Center for Health Promotion

292 Euclid, Suite 112, San Diego, CA 92114
(619) 470-4346
www.paradisevalleyhospital.org

Provides free six-week classes in English and Spanish. Call for locations and to register. Nicotine patches are not free and available with physician prescription.



Internet Resources

American Cancer Society

www.cancer.org

American Heart Association

www.americanheart.org

American Legacy Association

www.americanlegacy.org

Centers for Disease Control and Prevention

www.cdc.gov/tobacco

Children Helping and Motivating Parents to Stop Smoking (CHAMPSS)

www.champss.com

Partnership for Smoke-free Families

www.smokefreefamilies.org

Quitnet

www.quitnet.com

Web MD

www.webmd.com/smoking-cessation/default.htm

Attention

Medi-Cal may cover the costs of nicotine replacement therapy medications as part of an approved cessation program. For Medi-Cal information, call (858) 514-6885.

Prepared by

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Tobacco Control Resource Program
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(800) 660-7537
www.sdtcrp.net

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County of San Diego

Tobacco Cessation Programs in San Diego County



**Want help
to give up tobacco?**